		HURRICANE 435-635-2089	SENIOR CENTER May 2021
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3	4	5	6
Creole Steak Okra & Tomatoes Buttermilk Potatoes Cornbread Seasonal Fruit Milk Margarine	Hawaiian Chicken Haystack White Rice Peas and Carrots Japanese Vegetables Pineapple Tidbits Milk	Cinco De Mayo Chicken Enchilada Enchilada Sauce Spanish Rice Fiesta Vegetables Mixed Green Salad Apple Crisp Milk Sour Cream Salad Dressing Diet - Apple Slices	Mother's Day Meal Baked Chicken w/Spinach Cream Sauce Buttered Rice Garden Vegetables Mixed Green Salad Dinner Roll Seasonal Fruit Strawberry Shortcake Cookie Milk Margarine Diet - Vanilla Wafers Salad Dressing
10	11	12	13
Smothered Chicken Au Gratin Potatoes Green Beans Whole Kernel Corn Texas Bread Seasonal Fruit Milk Margarine	Spaghetti and Meatballs Broccoli Mixed Green Salad Dinner Roll Grapes Milk Margarine Salad Dressing	BBQ Pulled Pork Baked Beans Coleslaw Hamburger Bun Hot Cinnamon Applesauce Milk	Roast Beef with Au Jus Gravy Mashed Potatoes Mixed Vegetables Seasonal Fruit Dinner Roll Milk
17	18	19	20
Swedish Meatballs Egg Noodles Green Peas Parslied Carrots Texas Bread Seasonal Fruit Milk Margarine	Baked Fish with Creamy Dill Sauce Twice Whipped Potatoes Mixed Vegetables Dinner Roll Pineapple Tidbits Milk	Beef Patty Lettuce Tomato Onion Pickles Crinkle Cut French Fries Hamburger Bun Hot Spiced Apples Milk Mustard Ketchup	Cheese Ravioli with Marinara Sauce California Vegetables Spinach Salad Garlic Texas Bread Seasonal Fruit Milk Salad Dressing
24	25	26	
Country Fried Steak w/Country Gravy Mashed Potatoes Stewed Tomatoes Pineapple Slaw Biscuit Milk Sugar Cookie Diet - Vanilla Wafers	Minestrone w/Italian Sausage Soup Mixed Green Salad Fluffy Fruit Salad Dinner Roll Chocolate Chip Cookies Milk Diet - Vanilla Wafers Salad Dressing	Potato Crusted Fish Tater Tots Mixed Vegetables Coleslaw Pineapple Tidbits Roll Tarter Sauce Milk	Memorial Day Meal Chili Cheese Beef Hotdog Baked Beans Potato Salad Hot Dog Bun Peach Crisp Milk Mustard Ketchup Diet - Hot Peaches
Closed Memorial Day Holiday			A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Milk and Bread served with all meals. Follow Us on Facebook @triocommunitymeals.com
			TRIO Community an elior company Meals